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*   **The Point of No Return:** This is the critical juncture where escalating behaviors—whether substance use, aggression, or self-harm—move from private coping mechanisms to public crises.
    *   It signifies that internal management strategies have failed and external intervention is required.
    *   This endpoint demands a shift in focus from *prevention* to *crisis stabilization*.

*   **Identifying the Tipping Point:** Recognizing the subtle signs that precede an acute escalation is crucial for early de-escalation.
    *   Increased agitation, paranoia, or withdrawal are key indicators.
    *   The environment itself can act as a trigger (e.g., sensory overload, perceived judgment).

*   **Safety Protocols at the Endpoint:** When the situation reaches this level, standard therapeutic approaches must be supplemented with immediate safety measures.
    *   **De-escalation Hierarchy:** Implementing structured steps to reduce arousal before attempting communication or problem-solving.
    *   **Environmental Control:** Removing access to potential weapons or substances is mandatory.
    *   **Calling for Backup:** Knowing when and how to involve emergency medical services (EMS) or crisis teams is not optional.

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GABRB3	[illegible] '[illegible], [illegible]	[illegible] - [illegible] (compromised function) [illegible]	GABA [illegible]. 10.2 · [illegible] [illegible]01, [illegible]13,

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[illegible] 32 — [illegible]	[illegible]-[illegible], [illegible] 72-[illegible]	[illegible] — [illegible] 11.4
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[illegible] 13 — [illegible]: [illegible] '[illegible]

[illegible]: [illegible], [illegible], [illegible] Recovery Kernel [illegible] Benzodiazepine Guide '[illegible] — [illegible], [illegible], Ashton Protocol taper, [illegible] GABA restoration stack, [illegible], [illegible]

[illegible]

[illegible], [illegible], [illegible] — [illegible], [illegible], [illegible] — [illegible]-[illegible], [illegible] 2 [illegible], [illegible] GABA-A [illegible], [illegible]

[illegible]

[illegible]-[illegible] - [illegible]-[illegible] '[illegible], [illegible], [illegible] - [illegible], [illegible] — [illegible], [illegible]

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357